



**Not By Choice**  
users to SUCCESS  
Canadian racism  
caught their lane at  
the Treblewood  
nightclub in Guelph  
on Dec. 1

**ENTERTAINMENT** 1

Monday December 9, 2002

Guelph College Spokesman

2002 Year — No. 28

# Spoke

**College gets applied degrees**  
Guelph is one of only three Ontario  
colleges offering four applied degrees.  
**HEALTH** 1

**AIDS and HIV in the mid**  
Community health department helps  
patients and assist people.  
**HEALTH** 4

## Doon has no venue for live music

By CARLA SANDHAM

While other college students enjoy performances by the Metal and Not Only Party, students at Guelph College wait for the arrival of local bands.

Coming up on all the last nights of 2002, the Guelph and Guelph Royal Concert Bands will play at the university's annual Christmas concert on Dec. 13.

"It's really there's not much else we can do," says one student who asked to remain anonymous, and said she's disappointed, but not surprised, that no local bands have shown up.

The college, she says, is like the University and Guelph Royal Concert Bands students used to play at the university's annual Christmas concert on Dec. 13.

He might not want to leave it to chance for people with a stage where free music would be performed.

Dominic Calefato, a soft-spoken sophomore, agrees. He said he would never party at Guelph's annual Christmas concert if no local bands were performing.

Other major colleges, such as McMaster, Waterloo and Brandon, have a music building or website, but it's beyond what anyone like Karpinski simply hasn't had the time or funds.

When Guelph students' programmes fully implemented, will they be any different? That's what I asked him for his final words before I left the school grounds.

"Until we get a student building we're not going to have it," said he, "but our students should start bringing more functionality because it's the only place on campus where we can be offered our group or individual performances."

As far as he's heard, none of the local bands performed at Guelph's annual Christmas concert on Dec. 13.

For the last month, come the last bands performed at Guelph's annual Christmas concert on Dec. 13.



A large room is shown in full view, featuring a stage area with a piano and several chairs, surrounded by various musical instruments like guitars and drums. In the background, there are colorful, abstract wall art pieces.

Those instruments are being used by students, some of whom are performing on stage.

He added, "In my opinion, the university's annual Christmas concert is doomed to fail."

Entertainment students believe that these reasons are just lack of experience and the building's shortcomings.

"The demographics are all wrong," he said. "The place when it comes to entertainment students, the music department is a world of their own."

He didn't specify a definite reason for the lack of interest in the music department.

"The demographics are all wrong," he said. "The music department is a world of their own."

He charged through the door, and I followed him out onto the street.

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# College security ready for emergencies

By JENNIFER KROEMER

**W**HEN IT COMES to safety, it's better to be safe than sorry. And that's exactly what the University of Guelph is doing.

The university is taking steps to prevent any actual civil disruption or protest of any kind, students and administration say by putting more money in safety, and more time and effort into prevention.

Changes like new plans could flatten student protest activity, says one source, but others think it could never happen.

But all those funds of money may not be enough to keep students from protesting.

Concerns about reflecting back to students, but no one seems to care.

Groups appear to day at the end of day, starting with protests and gathering signs. But once the end begins, many return after an early education from the "Responsible Response" policy group, which has been described as hotly controversial.

The new funds are immediately available to departments depending on grants from the most likely free speech committee in memory, committee chair, Dr. Barbara Johnson, says the departmental and institutional and educational emergency.

"We have approached the theme that the university will then, through its policies, will then, do what it does," says Dr. John Cramm, director of the university's Office of Emergency Management.

Those groups are organized now,

allied with universities, hospitals, the police, a variety of community, public, educational and educational groups to address, would speak to the media.

"What you see is the last line in the institution is very important because generally that is where the institutions take a line here is that they're on the hook," says one source.

**E**cological and biological weapons aren't significant concerns before 9/11.

Al Hunter

Head of security, U of G

Hunter says the college depends a great deal on walls and fences, like the ones that are in place around all buildings. All new students are given a key to their room when they are there, which would reduce a risk of break-ins. Those measures are backed by Hunter and both faculty members of professional development, and include a variety of topics such as emergency preparedness, disaster relief and major incident management.

Also placed high on his agenda are the Student Services and Support services departments. Hunter says he is a great fan of changing the culture of the university of the college.

"We changed that a year ago with our staff."

An integral part of the plan is an emergency preparedness plan for the event of mass-scale conflict and an overall and integrated strategy to

get people off the campus and other areas.

The university is currently looking at several ways to prevent a protest of any kind, including a plan to move the university's president's office to another location.

"People can stay away from the administration if they want to, so that's a good idea," says Hunter.

There are also plans to move the

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## Commentary

# Romanow puts health care first

The report is in, and the money is there: money and buying us in to get it.

After 17 months of research, former Saskatchewan premier Roy Romanow released his controversial report on Oct. 22, and included 41 methods to prevent and reduce Canada's failing health-care system.

Romanow's report cost a total of \$1.2 billion over three years, with \$50 billion needed over the next two years to implement the changes.

Romanow's report focuses on key areas, which include eliminating waiting times for tests, such as MRIs and CT scans, creating the board of hospital emergency rooms and eliminating more Park straight-line care. Within the report, Romanow also states that all services will be at a loss other than not identified in Canadian health care to the insurance of patient load.

These suggestions are just a portion of what else the report includes. It has many other recommendations, such as creating a

right-thinking committee and demands of Canadian health care to the best of their knowledge, a money concern. Finally, giving right. We are used to waiting hours for our hours of emergency room. We are used to being put on a waiting list for the important tests, and we are used to waiting to start because the level of health-care insurance.

We have always paid attention to an increasing number health care and the only way to bring down that path is to increase health funding. Thankfully, Prime Minister Jean Chrétien supported the right process.

Canadian improved health care is a priority for Prime Minister and therefore should be at the top of the list of agenda. But it's no secret that what is right for Christians is not always right for the government.

Although Romanow's report was specifically manufactured by the prime minister and is "inspired by strength and moderation principles," it does not have all suggestions will be implemented.

Romanow's recommendations can put other improvements, although not proposed, on the general process. This will lead them with the best care and maximum of resources, and more.

The problem lies with the present politicians. They come from the beliefed government that they do a good job if they stick to the rules or, at least, to our own process. They will budget better but not change what is wrong.

Political power leaders say the suggestions to another say the federal government to serve our provincial political processes. But this is not true.

The country is already facing a disease shortage and many places are without family physicians. We are talking about people's lives and that is not sufficient enough to make changes than what will fit before something is done.

But how can we obtain leaders in its constituency. By the good of the money, Canada needs a developed health-care system and that seems positive we going to live and work together.

Romanow's findings reflect what Canadians want and expect of a healthy future paid for the right and many pay for health care. Canadians finally had a say in how the health care system is managed. The same were heard. One who said nothing was dismissed.

Now it's time to take action.



## Christmas means giving



I'd like to begin that Christmas spans after a year full of stress and tension. With work, family obligations and just trying to stay on top of it all, the winter season should be a holiday.

Recently, another night would end due to sleep lack in a small North Woods town, with local legend, "Sleepy Hollow." Children running off and out people running out and in as they wake up with presents to the nearest mall.

I am sleep deprived in every part of the year. I've been busy working about how I'm going to pay the bills, or what to do with my people so I can fit my every day into before it's time to sleep.

As I went down to sleep each night, just a minute or two and immediately when we made it for the girls to Christmas, a time for giving and sharing and letting those people we love feel right. Throughout the year.

I was recently reminded of how lonely I am and what I have to look forward to. Christmas people aren't

allowed much time for the season.

Usually my sleeping time for gifts I have to buy and have time to well for me make my way through the small stores I consider neighbors.

If you are doing your thought about all the people who don't enjoy Christmas, and because they do, you may be simply because they don't do a Christmas, maybe we should be a little more grateful.

I encourage you to give this Christmas. Even if it's only sending for a child on a blanket or card to help others realize, you'll be surprised at the warmth you have will find.

Here is a list some of the many organizations and charities that help out each Christmas. Cambridge Regional Hospital Foundation, Cambridge Food Bank, Cambridge Anti-Waste Campaign, The Christmas Bureau and P.W. St. John's Christmas Miracle Campaign.

Opportunities to say clearly remain on many fronts, so if you are interested in helping out, go ahead and do what you can for Christmas.

## Spoke

A publication and production monthly by the journalism students of Waterloo College

**Editor-in-Chief: Michaela McMillan**  
**Advertising Manager: Jason McNaughton**  
**Production Manager: Marcy Cullen**  
**Photo Editor: Debra Langford and**  
**Melissa Finnemore**

**Promotion Manager: Mary Simpson and**  
**Karen Dennerup**  
**Design Office Editors: Torrey Heide and**  
**Nicole Childs**  
**Faculty Advisor: Christine Jones**

Spoke is address to 850 Queen Street West, Room 400, Waterloo, Ontario, N2L 4M4  
 Phone: 519-885-1200, ext. 3602, 3603, 3604; Fax: 519-885-0504

E-mail: [spoke@wawaterloo.ca](http://www.watwaterloo.ca/~spoke)  
 Web site: [www.watwaterloo.ca/~spoke](http://www.watwaterloo.ca/~spoke)

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### Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 1000 words. Spoke reserves the right to edit any letter for publication.

Address correspondence to:  
 The Editor, Spoke, 204 Queen Street West,  
 Room 400, Waterloo, Ontario,  
 N2L 4M4













# Yoga can help physical and mental health

By KAREN MURPHY

The year has just passed us by fast and furious, and it's almost over. What's left is the last month or so, and there's still time to make a difference.

If you would like your yoga practice to be more effective, why not make changes that will help you live a better life?

Josephine Tolomeo and Madonna have created by the power of yoga. Thanks to their efforts, yoga, yoga classes, yoga studios, alternative approaches and more are now available locally.

Yoga is an ancient system of personal development offering tools capable to guide students to their best by incorporating the body and spirit.

"They really teach you how they walk and breathe. The exercises, when done correctly, are really interesting," said Meghan O'Leary, a York student who is a yoga teacher. She is a New York yoga instructor. She adds that years ago,

she had a friend who was

struggling with depression and anxiety.

"When I first started doing

yoga, I found that I could

relax my mind and calm my

body and feel better."

Josephine and Madonna have

been teaching yoga since

they were teenagers. They are

now 25 and 26, respectively.

"We are now teaching people at

ages 10 to 80 and beyond,"

said Meghan. "People are

more open to trying new things

and are more willing to try

new things than ever before."

Both women believe that

the benefits of yoga are

numerous and varied.

"It can help you feel better

both physically and mentally,"

said Meghan. "It can also

help you feel more relaxed

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